

NEWSLETTER



How (and Why) to Improve Flexibility and Mobility

Being able to move well is critical for your health. It helps you meet the physical demands of your daily life. It also allows you to exercise so you can continue to meet those demands over time.

Two keys to being able to move well are mobility and flexibility. Good mobility means your joints can move as they're supposed to (and without pain) through their full range of motion. Good flexibility, on the other hand, means your muscles are able to lengthen fully (also without pain).

To improve your mobility and flexibility, keep these tips in mind:

- **Exercise regularly.** The “move it or lose it” concept definitely applies here. The less you move, the more ground you'll lose in terms of mobility and flexibility.
- **Stretch before and after any physical activity.** Pre- and post-activity stretching are great for your joints and your muscles. Just warm up a bit first before your pre-activity stretches.
- **Use proper form.** Whether you're running, lifting weights, or doing another type of exercise, good form will help you reap more rewards while lowering your risk of injury.
- **Try yoga.** Yoga helps to lengthen and strengthen your muscles—and it's easy on your joints, too.

- **Maintain a healthy weight.** Extra pounds are hard on your joints. Over time, this can cause mobility issues.
- **Use good posture.** Standing and sitting correctly can help you gently stretch your muscles and avoid pressure on your joints. Walking also helps to improve your posture.
- **Listen to your body.** Pain is the body's warning system. If something hurts, stop doing it.

A personal trainer can help

If you're not sure how to best improve your mobility and flexibility, a certified trainer can walk you through the process. They can also make sure you use good form and answer your questions along the way.

Two keys to being able to move well are mobility and flexibility.

Mentor
Public Schools

1. <https://www.menshealth.com/fitness/a35901065/mobility-vs-flexibility/>
2. <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/yoga/top-5-yoga-myths-debunked>
3. <https://www.webmd.com/rheumatoid-arthritis/ss/slideshow-keep-joints-healthy>



Take Your Workout on the Road

It's great when you're really in a routine with your workouts. You're almost on autopilot in terms of where, when, and how you get your exercise in each week.

Sometimes though, all it takes is a vacation, a work trip, or even just an extra-busy week to make your cherished workout routine go off the rails. When that happens, it can be really tough to get back on track again.

To prevent this, it's a good idea to have a backup workout in your back pocket. Ideally, it would be something you can do from anywhere—with little to no equipment needed.

Take it outdoors

One easy way to exercise away from home is by finding a park or trail nearby or hitting the sidewalk for a refreshing walk or run. Wherever you go, be aware of your surroundings, avoid isolated areas, and make sure you finish before nightfall.

Choose workout-friendly lodging

If you have input over where you will stay when traveling, look for a hotel or vacation rental that offers workout facilities. If there is no gym, there may still be a pool—which is great for cardio and strength training.

Try an in-room workout

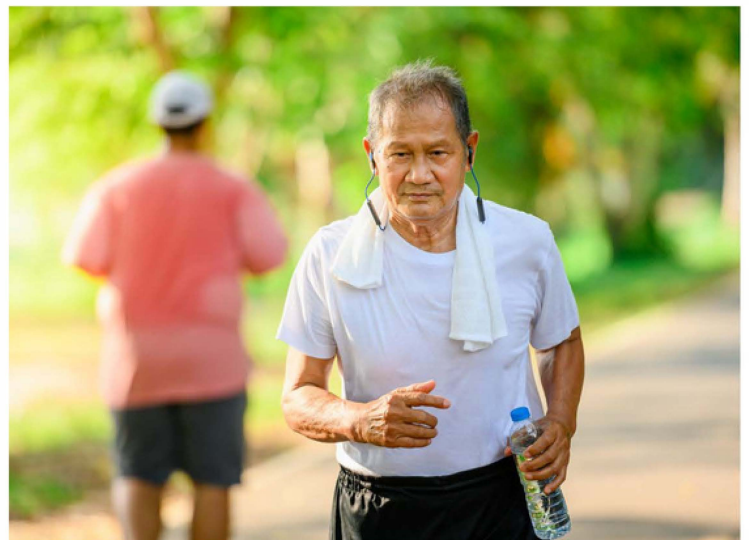
Yes, it's possible! There are lots of exercises you can do in the confines of a hotel room. Pushups, planks, and burpees are just a few examples. There are plenty of websites and free apps that can give you more ideas.

Take a bike tour

Lots of cities now have bike-sharing programs. This is a great way to exercise and explore at the same time. Just make sure to wear a helmet.

Adjust your expectations

Remember that perfection is the enemy of progress. Just because you can't do your usual workout doesn't mean you should skip exercising entirely. Some movement is better than no movement at all!



1. <https://nypost.com/2022/07/18/how-to-exercise-during-a-work-trip-and-stay-fit-while-traveling/>
2. <https://www.mensjournal.com/health-fitness/bodyweight-workout-you-can-do-your-hotel-room>



Keep off the Injured List

Workout-related injuries are no fun. They keep you from exercising, they make it tough to do the things you need to do each day, and they hurt!

Some injuries stem from accidents that can't be avoided, but there are things you can do to prevent many types of injuries as you exercise. Incorporate these habits into your workouts to keep yourself healthy and off the injured list.

- **Warm up first.** A warm muscle—with good blood flow to it—is more elastic and flexible than a cold, rigid muscle. Warm up for five to 10 minutes before your workout with quick, light movement.
- **Use good form.** Using the right positioning when you work out is key to avoiding injuries to muscles and connective tissues. If you're not sure what constitutes good form for a particular activity, look it up online or ask a certified trainer.
- **Lift a safe amount of weight.** Don't try to prove something to yourself by lifting a weight that your body isn't ready for. That's a surefire way to hurt yourself.
- **Give your body a chance to rest.** Overtraining limits your body's natural ability to recuperate from a workout. Stick with three or four sessions per week, and limit your workouts to an hour or less.

When to get medical care

Pay attention to any pain. If you experience major swelling or pain, sounds of popping or crunching when you move, trouble supporting any weight with the injured area, or other symptoms that concern you, see a doctor.

Using the right positioning when you work out is key to avoiding injuries to muscles and connective tissues.



Recipe

AVOCADO & BLACK BEAN EGGS

Prep Time	Cook Time	Servings
5 minutes	5 minutes	2

Ingredients

- 2 teaspoon grapeseed oil
- 1 red chilli, deseeded and thinly sliced
- 1 large garlic clove, sliced
- 2 large eggs
- 400 grams can black beans
- 400 grams can cherry tomatoes
- 1/4 teaspoon cumin seeds
- 1 small avocado, halved and sliced
- handful fresh, chopped coriander
- 1 lime, cut into wedges

Instructions

1. Heat the oil in a large non-stick frying pan. Add the chili and garlic and cook until softened and starting to color. Break in the eggs on either side of the pan. Once they start to set, spoon the beans (with their juice) and the tomatoes around the pan and sprinkle over the cumin seeds. You're aiming to warm the beans and tomatoes rather than cook them.
2. Remove the pan from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.



Nutrition Facts

Calories	356
Total Fat	20g
Sodium	.8g
Carbohydrate	18g
Total Sugars	5g
Dietary Fiber	11g
Protein	20g

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Rewards	\$50	\$50	\$100	\$115

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PHYSICAL

Recommended Apps



RunKeeper

Reach your running goals with the ASICS Runkeeper™ app. Track exercise, set measurable goals and see progress along the way—whether you're just getting into running, training for a race or trying to reach a new personal record, we can help.



C25K (couch to 5k)

The proven C25K program was designed for inexperienced runners who are just beginning. The plan's structure prevents new runners from giving up and challenges them to continue moving forward. C25K works because it starts with a mix of running and walking, gradually building up strength and stamina.



PHYSICAL

Recommended Podcasts



Hurdle

Need some instant inspiration for a sweat sesh that's extra challenging? Listen in as host Emily Abbate talks to people who made it through a tough time by integrating yoga, running, juicing, meditation and other wellness modalities into their routines. The stories you'll hear about the lessons these inspirational humans have learned will give you the extra oomph you need.

Source: myfitnesspal.com



TED Talks Health

I don't know who this Ted guy is, but he is pretty great at this podcast thing. Okay, in all seriousness TED Talks Health is a great show that you will not regret subscribing to. If you like a good TED Talk, then you will love this podcast. From way-new medical breakthroughs to smart daily health habits, doctors and researchers share their discoveries about medicine and well-being onstage at the TED conference, TEDx events and partner events around the world.

Our Episode Pick: Why I train grandmothers to treat depression | Dixon Chibanda

Source: shapyscale.com



BulletProof Radio

The host of the show and founder of the Bulletproof movement Dave Asprey has a history of being somewhat of a fanatic when it comes to figuring and exploring new ways to bring the human body to its ultimate potential. In his search for supreme functionality, Dave has interviewed MDs, biochemists, Olympic nutritionists, and meditation experts.

Although this might not be considered a "fitness podcast" his in-depth review of new tech and health methodology, is appealing to anyone interested in the fitness game.

Source: shapyscale.com



Unstoppable

To help you feel unstoppable the next time you're charging up a tough hiking trail or hit a steep hill on your run or ride, listen to Unstoppable, where host Kara Goldin, CEO of Hint Inc., talks to other CEOs and business owners disrupting their fields across wellness, business and life. There's something about listening to rule-breakers succeeding big-time to help you feel like you can do the same.

Source: myfitnesspal.com



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- Fitness equipment and free weights
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- Indoor track
- Group exercise classes including yoga, Zumba®, cycling, intervals, strength and aquatic classes
- Monthly nutrition and fitness education seminars
- Youth fitness area
- Babysitting (free for children who are included on a family or single-parent membership)
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Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

Support when you need it

Contact Resource Advisor:

- **Phone:** **1-888-209-7840**
- **Online:** **www.ResourceAdvisor.Anthem.com**
(Log in with program name AnthemResourceAdvisor.)

Helpful resources you can count on

Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit www.ResourceAdvisor.Anthem.com and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns
— no matter how big or small**

**Call 1-888-209-7840 or visit
www.ResourceAdvisor.Anthem.com to receive
support and guidance, whenever you may need it.**

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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